

Attuning to Hindu Inspired Dances

by Gayatri Blumberg



To begin... face the East, light a piece of sandalwood incense, close your eyes and enter the silent inner cave of the most ancient of Earth's revelations. Tap into a vast sacred river of knowing that has run inside us all since the beginning of time.

Next, cease calling it 'Hinduism' and return to its original name in the original Sanskrit. That name is 'Sanaatana Vishva Dharma' which might be translated as 'Eternal Universal Reality.'

Now, hold your hands palm to palm, in prayer position, breathe deeply, and bow reverently to the sacred center within you that recognizes the Sacred in every being and every moment. Keep breathing, fill your body and mind with Prana, the cosmic energy of the universe.

Bask in the warm expansive light of a philosophy so large, so open, that God is seen as both immanent and personal, as well as transcendental and impersonal. Breathe in to a space so huge so patient, so divinely that God can incarnate one moment as an Avatar King, the next as a Monkey Hero, the next as a tiger-riding Goddess and in the next moment be as formless as light, as the simple electricity dancing within called Kundalini.

The Dances of Universal Peace utilize a few of the many mantras with which Sanaatana Vishva Dharma has blessed humanity. Sing them with joy and freedom, but do not begin until you are certain you can honor them with proper tone, proper rhythm, proper pronunciation. Mantras are revelations, sacred patterns that affect the world around us. They emerge from us ready to do their work; they contain 'bijas,' the seed syllables of creation. They are vibrating, living substances. Release them with care.

As you begin these Dances, step carefully, breathe, release the mantras, and let them fill you, fill the circle. Note what shows up, each mantra has its own particular fragrance, its own devotional essence.

Carry these mantras inside you when the Dance ends. They are extraordinary companions.